

## **Abstract**

**Title of the thesis:** Comparison of the cross-country skiing training process of children in the age of 10–12 in Czech Republic and in Norway.

**Name and surname of the graduating student:** Lenka Šimánková

**Field of study:** Tělesná výchova a sport.

**Object of the thesis:** The final objections of this thesis are to analyse in a wider context the sport training in cross-country skiing of children in the age of 10–12 in the selected skiing clubs in Czech Republic and in Norway.

**Method:** Case study describing two auxiliary views to the education and training of children in cross-country skiing. Comparative analysis of the background material – official annual reports on ski-association's activities – SLČR (Czech Ski Association) and Norges Skiforbund (Norwegian Ski Association). Informal interviews with experts on training of children in cross-country skiing – J. I. (CZE), P.N.(NO).

**Findings:** Comparison of training systems of children in Norway and in Czech republic may have some profit for the sport training, financial secure and outer conditions for sport activities of children in the age of 10–12 in cross-country skiing. Materials brought from Norway and other information sources acceptable on internet should develop similar activities of Czech Ski Association, may help both trainers and children and parents to wise up the importance of games in training of children and youth.

**Key words:** cross-country skiing, Czech Ski Association, Norges Skiforbund, training, children.